

# Dr. Colin Gage \* Dr. Duane Drobot

---

Nicola Valley Chiropractic  
1949 Quilchena Ave.  
P.O. Box 909  
Merritt, BC  
V1K 1B8

Ph: (250) 378-5456  
Fax:(250) 378-8259  
Email: info@merrittchiro.com  
Website: www.merrittchiro.com

*"treating the cause of your problem, not just the symptoms"*

---

## Flying? Try These Stretches

Over the past weekend, I had the "memorable" experience of flying to Smithers, B.C., to visit some past residents of Merritt. The fact I landed a 34-pound spring salmon and was able to visit with old friends was great. However, the flights to and from left something to be desired. Our "monopolized" airline company is trying to cut costs and increase profits. They have used their infinite wisdom to determine that the smaller the seats and the closer they are together, the more people they can jam into each plane. In the end, it is the customer who suffers — usually physically. Without actually admitting this, they are now printing exercises in the on-flight complimentary magazines that you can do while sitting on those stools they call comfortable seats. Some might say this might have something to do with the recent lawsuits against major airlines due to the increased frequency of documented on-flight strokes. Accusations are being made that these strokes were caused by blood clots in the legs from remaining seated and cramped in such small seats for such long periods of time. The size of the seats may also have something to do with the muscle and joint stiffness the average customer experiences when sitting in an uncomfortable seat for such long periods of time. Regardless, I thought it would be beneficial if these simple exercises were passed on to you. Not only will they make the actual travel time more comfortable, but muscles that undergo even low levels of exercise or stretching will be more relaxed. This will also reduce overall stress that inevitably accumulates when the guy behind you kicks your seat and the toddler in front of you is screaming with his full lung capacity. In regards to the blood clots, the more often the lower leg muscles contract and relax, the better the blood will travel along the veins. The more efficiently the blood travels in the veins, the less likely it is that blood clots will form.

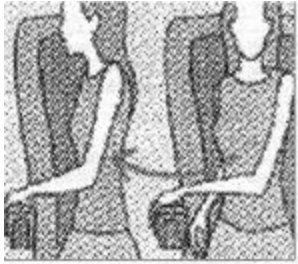
In defense of the airline companies, a person cannot just spontaneously form a blood clot from remaining immobilized in a small seat. The person must have pre-existing risk factors that would predispose them to having a blood clot.

Clip out these stretches and take them with you on long drives or flights. Don't forget to thank Air Canada for demonstrating how much they care for your comfort by providing on-flight exercises.



Sitting upright, pull your shoulders back and forth and hold for five seconds. Rotate the shoulders slowly in a circular motion from front to back, and then back to front. Repeat this ten times.

Slowly turn your head to the right and hold for five seconds. Bring the head back to the centre and then do the same to the left. Repeat this ten times.



Holding the right armrest with your left hand, gently twist your back and hold for five seconds. Reverse directions and again hold for five seconds. Repeat five times per side.



With the balls of your feet on the floor, raise both heels, hold for five seconds and then relax. Then, with your heels on the floor, lift the balls of your feet, hold for five seconds. Repeat five seconds.